

# BUTTER PECAN SWEET POTATOES

## INGREDIENTS

- 4 sweet potatoes (about 2 pounds)
- 1 1/2 tablespoons butter
- 2 tablespoons fat-free milk
- 1/4 teaspoon salt
- 1/4 cup chopped pecans, toasted

*Makes 4 servings.*

*Nutrition Information:*

Calories 262 • Fat 9.2g • Sat fat 3.2g • Mono fat 3.9g • Poly fat 1.6g  
• Protein 4.4g • Carbohydrate 41.5g • Fiber 7.6g •  
Cholesterol 12mg • Iron 1.4mg • Sodium 304mg • Calcium 51mg

## DIRECTIONS

### Step 1

Pierce potatoes with a fork 3-4 times on each side. Wrap each potato in a damp paper towel. Microwave on HIGH for 8 minutes (or until tender), turning at 4 minutes. Cool slightly. Cut potatoes in half; scoop pulp into a bowl. Mash pulp.

### Step 2

Heat butter in a small saucepan over medium heat; cook 3 minutes or until browned. Stir butter, milk, and salt into potato pulp. Top with pecans.

